



FUEL

BULK

SHRED

GAIN LEAN MUSCLE AND ACHIEVE
OPTIMAL BODY COMPOSITION

RECOVER

THE WAY TO SHRED

Training Program

The way to shred program is designed to burn fat and sculpt lean muscle. This program contains a combination of High Intensity Interval Training (HIIT) along with resistance training to ensure you get the best possible fat burning results.

HIIT – which takes half the time of slow and steady cardio and can lead to twice as much overall fat burning. HIIT training encourages the body to continue to burn Calories for hours after you have finished exercise whereas steady cardio will burn calories for the duration of the exercise only.

HIIT Training Circuit

When completing each HIIT training circuit complete 1a followed by a 10 sec rest then complete 1b followed by a 60 sec rest. Repeat for a total of 4 sets.

Warm up

Make sure you take the time to warm up before the start of each training session. Starting with the bar unloaded or a lighter weight can help to prime your muscles and keep unwanted injuries away.

Stretching

Stretches are an important part of every training session. Always make sure muscles are warm before stretching and include stretches at the beginning and end of each training session. The foam roller is a useful tool for improving flexibility, balance, strength and muscular awareness.

THE WAY TO SHRED

DAY 1

HiTT Training Circuit – Lower Body	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm Up: Rowing Machine 1000m												
1a : Skipping Rope		60 sec	10 sec		60 sec	10 sec		60 sec	10 sec		60 sec	10 sec
1b: Push Ups		to failure	60 sec		to failure	60 sec		to failure	60 sec		to failure	60 sec
2a: Burpees		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec
2b: Triceps Dips		to failure	60 sec		to failure	60 sec		to failure	60 sec		to failure	60 sec
3a: Single alternate arm DB clean and press		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec
3b: Pull Ups		to failure	60 sec		to failure	60 sec		to failure	60 sec		to failure	60 sec
CORE												
Crunches		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec
Plank		1min	30 sec		1min	30 sec		1min	30 sec			
Plate Twist (with med ball or weight plate)		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec			

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DAY 2

Lower Body: Resistance Training	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm up: Treadmill fast walk 1km												
Barbell Squat		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Walking Lunge with DB		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Leg Press		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Leg Curl		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Romanian Dead Lifts		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Calf raise (standing or seated)		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Optional extra: CORE												
Crunches		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec
Reverse Crunch on swiss ball		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec

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DAY 3

HITT Training Circuit – Lower Body	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Warm Up: Rowing Machine 1000m												
1a Kettle bell front squats		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec
1a: Kettle bell swing		20 reps	60 sec		20 reps	60 sec		20 reps	60 sec		20 reps	60 sec
2a: Skipping Rope		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec
2b: Walking Lunges holding DB		20 reps	60 sec		20 reps	60 sec		20 reps	60 sec		20 reps	60 sec
3a: Jump Squat		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec		30 sec	10 sec
3b: Deadlifts DB		20 reps	60 sec		20 reps	60 sec		20 reps	60 sec		20 reps	60 sec
Optional Extra : CORE												
Crunches on swiss ball					20 reps	20 sec		20 reps	20 sec		20 reps	20 sec
Crunches with medicin ball throw above chest					20 reps	20 sec		20 reps	20 sec		20 reps	20 sec

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DAY 4

Upper Body: Resistance Training	Set 1 Moderate - Heavy weight			Set 2 Moderate - Heavy weight			Set 3 Heavy weight			Set 4 Heavy weight		
	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest	Weight	Reps	Rest
Walm up: Light cardio 5min												
Bench Press		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Skull Crushers DB		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Incline Flys DB		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Biceps Curl (seated)		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Hammer Curl (seated)		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Standing Shoulder Press		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
Lateral Raise		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec		12 reps	30 - 45 sec
CORE												
Crunches		20 reps	30 sec		20 reps	30 sec		20 reps	30 sec			
Plank		60 sec	30 sec		60 sec	30 sec		60 sec	30 sec			
Plate Twist (with med ball or weight plate)		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec		20 reps	20 sec

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DAY 5

Cardio

Option One: Morning walk 5km

Option Two: Spin or Cycle Class - 45min

Option Three: Run / Jog 5-7km